

Supplementary Information

Quality Assessment

(a) Observational Studies

Authors (year)	Did the study address a clearly focused issue? Was this the outcome of interest to this review?	Was the cohort recruited in an acceptable way?	Was the exposure accurately measured to minimise bias?	Was the outcome accurately measured to minimise bias?	Confounding factors?	Follow-up of subjects complete enough and long enough?	Overall Rating using Cochrane risk of bias scale (low/unclear/high)
Chalder et al (2002)	Yes, No.	Yes	Yes	Yes	Can't tell	Can't tell, yes	Unclear
Diaz-Caneja et al (2007)	Can't tell, No	Can't tell	Can't tell	Can't tell	Yes	Yes, no	High
Lloyd et al (2012); Rimes et al (2014)	Yes, No	Yes	Yes	Yes	Can't tell	Can't tell, yes	Unclear
Rimes et al(2007)	Yes, No	Yes	Yes	Yes	Can't tell	Can't tell, yes	Unclear
Van de Putte et al (2007)	Yes, No	Yes	Yes	Yes	Can't tell	Can't tell, yes	Unclear

(b) Randomised controlled trials

Authors (year)	Did the trial address a clearly focused issue? Was this the outcome of interest to this review?	Was the assignment of patients to treatments randomised?	Were patients, healthcare professionals and research staff blinded?	Were the groups similar at the start of the trial?	Aside from the experimental investigation, were the groups treated equally?	Were all of the patients who entered the trial properly accounted for at its conclusion?	Overall Rating using Cochrane risk of bias scale (low/unclear/high)
Nijhof et al (2012); Nijhof et al (2013)	Yes, no	Yes	No	Yes	Yes	Can't tell	Low
Rowe (1997)	Yes, no	Yes	Yes	Yes	Yes	Yes	Low
Wright et al (2005)	Yes, no	Yes	No	Yes	Yes	Can't tell	Low